

MAY IS NATIONAL ALLERGY MONTH



When something's in the air, you may sneeze and get a stuffy nose, and your eyes may become red and watery. It's allergy season... ugh...! More than 50 million Americans react to seasonal airborne particles such as ragweed or pollen—just about now, depending on where you live. Inflammation in the nose is called rhinitis, and there are three kinds.

Seasonal Allergic Rhinitis is triggered by particles in the air (allergens) such as tree, grass, and weed pollens. It occurs during spring and fall and lasts a few months each year.

If you sniffle and sneeze all year, you may have other types of allergies triggered by year-round exposure to irritants—such as strong odors from perfume or smoke. You may sneeze from pollution, mold, your dog or cat, or house dust.

You may also have sniffles from changes in temperature related to the weather, humidity, and air pressure. Your doctor can help you determine the cause and the cure. Prescription nasal sprays can effectively treat annoying allergy symptoms—no matter what the cause. Keep track of when you're sneezing to identify the triggers and try to avoid them. Eyes can also become very irritated. You blink an average of 15,000 times a day. Still, pollen can get in your eyes. For seasonal allergy sufferers, pollen can cause allergic conjunctivitis—that's when your eyes get red and swollen. Experts at National Jewish Medical and Research center in Denver offer these techniques to get the red out:

Wash your hands. During high allergy season, pollen is everywhere. You get it on your hands opening a car door, running your hands through your hair, or touching other outdoor surfaces. If you rub your eyes with those pollen-coated hands, they will only get more irritated. You can also apply cold compresses to find relief!!

Use saline rinses or artificial tears.

They can soothe the eyes and prevent you from rubbing them.

Wearing sunglasses can cut some of the irritants by one-half.

Close the windows and use the air conditioner. Remember it takes about 4-5 days to clear a house of outside irritants, once you've closed up the house and turned on the air.

Medications—talk with your doctor regarding what antihistamines and what over-the-counter meds to use. Use meds throughout the season for best effects, not once in awhile. Remember to use “before” you're exposed.

Source: www.The-W.org